

Instructed by: **Arlene Marshman**  
Certified in Tabata, Zumba, DIO,  
Piloxing, and MX4

*Starting  
August 2017*

# Zumba, Tabata & Cardio Fusion

*\$7 per class*

Custer Park  
Sports & Fitness Center  
545 Kenneth E. Marcus Way  
Marietta, GA 30060  
Phone: 770-794-5630



Register online or in person  
<https://secure.rec1.com/GA/city-of-marietta/catalog>

- ***Cardio Fusion (Piloxing)*** incorporates fitness techniques to burn maximum calories, build lean muscles and increase stamina. The program uniquely blends the power, speed and agility of boxing with the targeted sculpting and flexibility of Pilates. These techniques can also be supplemented by the use of weighted gloves, further toning the arms and maximizing cardiovascular health. Since it is a fusion of several cardio formats, you may be taken through one or two sequences of Tabata for a muscle-toning, fat-turning workout that will leave you physically and mentally empowered! ***Starting Tuesdays (8/1–8/29).***

***\*Registration Begins 8/1/2017\****

- ***ZUMBA®*** is a fusion of Latin and International music / dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. ***Starting Thursdays (8/3 - 8/31).*** ***\*Registration Begins 8/3/2017\****

- ***Tabata*** is a High Intensity Interval Training also known as a HIIT format. This class is a comprehensive total body workout that focuses on lower body, upper body, and core providing both cardio and strength. Both men and women can achieve amazing results from this workout. ***Starting Saturdays (8/5 - 8/26).***

***\*Registration Begins 8/5/2017.\****

***\* Participants do not have to be a Custer Park Sports & Fitness Center Fit Pass holder, but must be registered for the classes to attend.***